

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

Trident Regional Ombudsman
5895 Core Road
Suite 419
North Charleston, SC 29406

*Activities are
subject to change
due to resident
needs/preferences.

Location Key

- (T) Terrace 2nd floor
- (B) Bistro 2nd floor
- (TR) Theater Room 2nd floor
- (OD) Overflow Dining
- (4) 4th Floor Dining
- (5) 5th Floor Dining
- (PD) Private Dining

1

9:30 Daily Chronicles (3,5)
10:10 & 10:45 Exercise (TR)
11:30 Ax Throwing (TR)
1:30 Card Games (B)
**2:45 Take a Walk (Meet
in Bistro, wear a coat)**

2

9:30 Daily Chronicles (2,5)
10:10&10:45 Exercise (TR)
11:30 Puzzles (B)
1:45 Sing Along (3)
2:45 Art Therapy (5)

3

9:30 Daily Chronicles (3,5)
10:10 & 10:45 Exercise TR
11:30 Trivia (TR)
1:30 Pounce Cat Cafe
1:30 Movie (TR)
3:30 1:1 Visits

4

Daily Chronicles 4,5
10:10 & 10:45 Exercise
11:30 S'mores (4)
1:30 Bingo (TR)
3:00 1:1 Visits

5

2:00 Community
Worship (TR)



10:10 & 10:45 Exercise TR
11:30 Snack Cart (5)
2:00 Build a Snowman
Dice Game (TR)
3:00 The Billionaire's
Club (TR)

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9:30 Daily Chronicles (2,5)
10:10 & 10:45 Exercise (TR)
11:30 Ladder Ball (TR)
**1:30 Veggie Pizza
Making (TR)**
3:30 Flower Arranging (OD)

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9:30 Daily Chronicles (3,5)
10:10 & 10:45 Exercise (TR)
**11:30 Pet Therapy with
Cayenne (TR)**
1:30 Jewelry Making (TR)
**3:00 Happy Hour
with Sylvie (TR)**

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9:30 Daily Chronicles (2,5)
10:10&10:45 Exercise (TR)
11:30 Puzzles (B)
**1:45 Sing Along
with Jessica (3)**
2:45 Art Therapy (5)

9

9:30 Daily Chronicles (3,5)
10:10 & 10:45 Exercise TR
11:30 Elvis Trivia (TR)
**11:30 Trip to have
lunch at Lewis BBQ**
1:30 Elvis Movie (TR)
1:1 Visits

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Daily Chronicles (4,5)
10:10 & 10:45 Exercise
11:00 MC Outing
1:30 Bingo (TR)
2:00 Crafts with
Mikayla (4)
3:00 Card Games
(B)

11

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2:00 Community
Worship (TR)



10:30 Chair Zumba TR
11:30 Snack Cart (5)
**2:00 Dolly Parton:
Here I am (TR)**
4:00 1:1 Visits

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9:30 Daily Chronicles (2,5)
10:10 & 10:45 Exercise (TR)
11:30 Jenga (B)
**2:00 Make Your Own
Hand Lotion (TR)**
3:30 Flower Arranging (OD)

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9:30 Daily Chronicles (3,5)
10:10 & 10:45 Exercise (TR)
11:30 Trivia (TR)
1:30 Rice Sock Snowmen
and Heating Pads (TR)
**3:00 Monthly Birthday
Party (T)**

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9:30 Daily Chronicles (2,5)
10:10 & 10:45 Exercise TR
11:30 Puzzles (B)
1:45 Sing Along (3)
2:45 Art Therapy (5)

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9:30 Daily Chronicles (3,5)
10:10 & 10:45 Exercise TR
11:30 Trivia (TR)
**1:30 Trip to the
African American
Museum**
3:30 1:1 Visits

17

Daily Chronicles (4,5)
10:10 & 10:45 Exercise
11:30 Slushies 4
1:30 Bingo (TR)
3:30 Uno card
Game (B)

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19

2:00 Community
Worship (TR)



10:10 & 10:45 Exercise TR
11:30 Snack Cart (5)
2:00 Resident
Council: Rehab only
3:30 1:1 Visits

20

9:30 Daily Chronicles (2,5)
10:10 & 10:45 Exercise (TR)
11:30 Ax Throwing (TR)
**2:00 Bible Study
with Tony (TR)**
3:00 Flower Arranging (OD)

21

9:30 Daily Chronicles (3,5)
10:10 & 10:45 Exercise (TR)
11:30 Trivia (TR)
1:30 Chinese Lantern TR
**3:00 Happy Hour with
Ian (TR)**

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9:30 Daily Chronicles (2,5)
10:10 & 10:45 Exercise TR
11:30 Puzzles (B)
**1:45 Sing Along with
Jessica (TR)**
2:45 Art Therapy (5)

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9:30 Daily Chronicles (3,5)
10:10 & 10:45 Exercise TR
**1:30 Trip to Gibbs
Museum of Art**
1:30 Movie (TR)
2:30 1:1 Visits

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Daily Chronicles (4,5)
10:10 & 10:45 Exercise
11:00 Hot Chocolate
And Cookies (4)
1:30 Bingo (TR)
**3:00 CCSD Piano
Performance (TR)**

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2:00 Community
Worship (TR)



10:10 & 10:45 Exercise TR
11:30 Snack Cart (5)
2:30 Resident Council:
Assisted Living only (TR)
3:30 Left, Right
Center: Dice Game (B)

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9:30 Daily Chronicles (2,5)
10:10 & 10:45 Exercise (TR)
11:30 Ladder Ball (TR)
2:00 Have you Ever? TR
3:30 Flower Arranging (OD)

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9:30 Daily Chronicles (3,5)
10:10 & 10:45 Exercise (TR)
11:30 Trivia (TR)
1:30 Rummikub (B)
3:00 Happy Hour (TR)

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9:30 Daily Chronicles (2,5)
10:10 & 10:45 Exercise TR
11:30 Puzzles (B)
1:45 Sing Along (3)
2:45 Art Therapy (5)

30

9:30 Daily Chronicles (3,5)
10:10 & 10:45 Exercise TR
1:30 Tour of Charleston
1:30 Movie (TR)
3:00 1:1 Visits

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Outings may be
weather permitting.
We will meet in the
lobby at time indicated
Sign-up sheets are in
the theater room.
Please see Ashley or
Leah with questions

Life Enrichment Director-Leah Hall lehall@libertyseniorliving.com

Kempton of Charleston
194 Spring Street
Charleston SC, 29403